

Please amend the claims as follows:

**Listing of Claims:**

1-2. (Canceled).

3. A method of putting on a compression garment comprising:

- a) providing a device comprising an essentially flat sheet of smooth, low-friction fabric having two opposing ends, a catch element adjacent to the first end of the flat sheet, and a fastening means adjacent to the second end of the flat sheet;
- b) securing a tip of a limb to the device with the catch element;
- c) covering the surface of the limb adjacent to the tip with the flat sheet;
- d) securing the second end of the flat sheet to or around the limb with the fastening means;
- e) pulling a compression garment onto the limb over the device; and
- f) removing the device from the limb while leaving the compression garment in place on the limb.

4. A method according to claim 3, wherein the catch element is a pocket with an opening facing the second end of the flat sheet and the tip of the limb is secured to the device by inserting the tip of the limb into the pocket.

5. A method according to claim 3, wherein the fastening means is selected from the group consisting of a tie, tape, a press stud, and a hook-and-loop type fastener.

6. A method according to claim 3, wherein the compression garment has a closed toe.

7. A method according to claim 6, wherein the compression garment is a tight, a knee-length sock, or a full-length stocking.

8. A method according to claim 3, wherein the limb is a leg and the tip of the limb is the toes.

9. A method according to claim 3, wherein the limb is an arm and the tip of the limb is the fingers.
10. A method according to claim 3, wherein the flat sheet is in the shape of a rectangle.
11. A method according to claim 10, wherein the flat sheet is about 40 cm in width and about 60 cm in length, and the catch element and the fastening means are on opposite ends of the length of the sheet.
12. A method according to claim 4, wherein the pocket is about 2 cm deep.
13. A method of putting on a compression garment comprising:
  - a) providing a device comprising an essentially flat sheet of smooth, low-friction fabric having two opposing ends and a pocket adjacent to the first end of the flat sheet formed by folding the flat sheet onto itself and securing with a fastener and a fastening means adjacent to the second end of the flat sheet;
  - b) inserting a tip of a limb into the pocket;
  - c) covering the surface of the limb adjacent to the tip with the flat sheet;
  - d) securing the second end of the flat sheet to or around the limb with the fastening means;
  - e) pulling a compression garment onto the limb over the device;
  - f) releasing the second end of the flat sheet from the limb;
  - g) pulling the device by the second end thereby disengaging the fastener, collapsing the pocket, and releasing the tip of the limb; and
  - h) removing the device from the limb while leaving the compression garment in place on the limb.
14. A method according to claim 13 wherein the fastener is of a hook-and-loop type or a press stud type.
15. A method according to claim 13, wherein the fastening means is selected from the group consisting of a tie, tape, a press stud, and a hook-and-loop type fastener.

16. A method according to claim 13, wherein the compression garment has a closed toe.
17. A method according to claim 16, wherein the compression garment is a tight, a knee-length sock, or a full-length stocking.
18. A method according to claim 13, wherein the limb is a leg and the tip of the limb is the toes.
19. A method according to claim 13, wherein the limb is an arm and the tip of the limb is the fingers.
20. A method according to claim 13, wherein the flat sheet is in the shape of a rectangle.
21. A method according to claim 20, wherein the flat sheet is about 40 cm in width and about 60 cm in length, and the pocket and the fastening means are on opposite ends of the length of the sheet.
22. A method according to claim 13, wherein the pocket is about 2 cm deep.